

# BILLINGS

## Free Help Directory

Free Help Directory (U.S.)

Not medical advice. For emergencies call 911. For crisis support call/text 988.

### Condition foundations

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- American Heart Association

Who it helps: People with cardiovascular conditions seeking condition guidance and support.

Link: <https://www.heart.org> (American Heart Association)

- American Cancer Society

Who it helps: People in active cancer treatment needing navigation and financial support links.

Link: <https://www.cancer.org> (American Cancer Society)

- American Diabetes Association

Who it helps: People with diabetes managing meds, supplies, and long-term care costs.

Link: <https://diabetes.org> (American Diabetes Association)

- NAMI support and education

Who it helps: People and families affected by mental health conditions.

Link: <https://www.nami.org> (NAMI)

- National Kidney Foundation

Who it helps: People with kidney disease and dialysis-related financial or care needs.

Link: <https://www.kidney.org> (National Kidney Foundation)

- COPD Foundation

Who it helps: People with COPD or severe asthma seeking education and support.

Link: <https://www.copdfoundation.org> (COPD Foundation)

- Arthritis Foundation

Who it helps: People with arthritis managing flares, mobility, and medication access.

Link: <https://www.arthritis.org> (Arthritis Foundation)

### Insurance and coverage

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- HealthCare.gov

Who it helps: People comparing Marketplace plans, deadlines, and subsidy options.

Link: <https://www.healthcare.gov> (HealthCare.gov)

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- Medicaid.gov

Who it helps: People checking Medicaid eligibility and state-specific enrollment pathways.

Link: <https://www.medicaid.gov> (Medicaid.gov)

- Medicare rights and savings

Who it helps: Older adults and disabled beneficiaries facing Medicare cost barriers.

Link: <https://www.medicare.gov/basics/costs/help> (Medicare cost help)

### Urgent and crisis

- Emergency services

Who it helps: People with urgent, life-threatening symptoms.

Link: tel:911 (Call 911)

Phone: 911

- 988 Suicide & Crisis Lifeline

Who it helps: People in emotional distress, crisis, or needing urgent mental health support.

Link: <https://988lifeline.org> (988 Lifeline)

Phone: 988

- 211 local services navigation

Who it helps: People looking for local help with food, housing, transport, and basic needs.

Link: <https://www.211.org> (211.org)

Phone: 211

### CF-specific support

- CF Foundation Compass

Who it helps: People with cystic fibrosis and caregivers who need support with coverage and daily care logistics.

Link: <https://www.cff.org/support/get-help-cf-foundation-compass> (CF Foundation Compass)

Phone: 844-266-7277

- CF Lifestyle Foundation

Who it helps: People with CF looking for practical support and community resources.

Link: <https://www.cflf.org> (CF Lifestyle Foundation)

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### Bills and debt

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- Patient Advocate Foundation

Who it helps: People managing insurance denials, high bills, or debt linked to treatment.

Link: <https://www.patientadvocate.org> (Patient Advocate Foundation)

- FindHelp social support directory

Who it helps: People needing nearby low-cost clinics, legal aid, food, and support services.

Link: <https://www.findhelp.org> (FindHelp.org)

- No Surprises billing protections (CMS)

Who it helps: People who received an unexpected out-of-network bill in the U.S.

Link: <https://www.cms.gov/nosurprises> (CMS No Surprises)

### Care and specialists

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- Find a health center (HRSA)

Who it helps: People looking for community health centers and lower-cost primary care.

Link: <https://findahealthcenter.hrsa.gov> (HRSA health center finder)

- Find a free or charitable clinic

Who it helps: People seeking local low-cost clinics and specialty referrals.

Link: <https://nafcclinics.org/find-clinic> (NAFC clinic finder)

### Medication affordability

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- NeedyMeds

Who it helps: People comparing prescription assistance programs and discount tools.

Link: <https://www.needymeds.org> (NeedyMeds)

- RxAssist

Who it helps: People finding patient assistance programs for medications.

Link: <https://www.rxassist.org> (RxAssist)

### Caregiver support

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- Caregiver Action Network

Who it helps: Caregivers needing practical planning and peer support resources.

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Link: <https://www.caregiveraction.org> (Caregiver Action Network)

- Family Caregiver Alliance

Who it helps: Family caregivers needing planning tools, education, and support.

Link: <https://www.caregiver.org> (Family Caregiver Alliance)

### Dementia support

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- Alzheimer's Association 24/7

Who it helps: Families and caregivers supporting people with dementia.

Link: <https://www.alz.org/help-support/resources/helpline> (Alzheimer's Helpline)

Phone: 800-272-3900

- NIA Alzheimer's caregiving resources

Who it helps: Families caring for someone with dementia who need practical guidance.

Link: <https://www.nia.nih.gov/health/alzheimers/caregiving> (NIA caregiving resources)